

WALKING with Christ

Nurturing Our Families of Faith



HOLY WEEK EDITION

Some images have links.

Then he took a loaf of bread, and when he had given thanks he broke it and gave it to them, saying, "This is my body, which is given for you. Do this in remembrance of me." And he did the same with the cup after supper, saying, "This cup that is poured out for you is the new covenant in my blood."

Luke 22:19-20



Welcome to "Nurturing our Families of Faith." This is a newsletter to support the faith journey of students, staff, and their families across The Toronto Catholic District School Board during these final days of Lent and into the Easter season.

We are grateful for the chance to share this journey with you, and we hope this newsletter will be helpful to you as you live out your faith in these challenging times.

*From Let Us Resolve to Make This Week Holy,
Sr. Thea Bowman*

Holy Week

Let us resolve to make this week holy by claiming Christ's redemptive grace and by living holy lives.

Let us resolve to make this week holy by reading and meditating Holy Scripture.

Let us take time this week to be present to someone who suffers.

Let us sing, "Lord, have mercy" and "Hosanna". Let us praise the Lord with our whole heart, soul, mind, and strength.

Let us break bread together, let us relive the holy and redemptive mystery. Let us do it in memory of Him acknowledging in faith his real presence upon our altars.


Let us resolve to make this week holy by sharing holy peace and joy within our families, sharing family prayer on a regular basis, making every meal a holy meal where loving conversations bond family members in unity, sharing family work without grumbling, asking forgiveness for past hurts and forgiving one another from the heart, seeking to go all the way for love as Jesus went all the way for love.

Let us resolve to make this week holy by sharing holy peace and joy with the needy, the alienated, the lonely, the sick and afflicted, the untouchable.

Let us unit our sufferings, inconveniences, and annoyances with the sufferings of Jesus.

During this Holy Week, when Jesus gave his life for love, let us truly love one another.

HOLY WEEK INFOGRAPHICS



Palm Sunday

Palm Sunday of the Passion of the Lord

Palm Sunday marks the beginning of Holy Week. The day recalls Jesus' triumphal entry into the city of our salvation that takes place about a week before his Resurrection (Easter).

Why do we wave palms?
When Jesus rode into Jerusalem, crowds greeted him by waving palms and covering his path with small branches. We wave palms today to hail Christ in his triumph for our salvation in the light of his Paschal Mystery - his Passion, Death and Resurrection.

Jesus enters Jerusalem. The crowd of disciples accompanies him in festive mood, their garments are stretched out before him, there is talk of the miracles he has accomplished, and loud praises are heard:
"Blessed is the King who comes in the name of the Lord. Peace in heaven and glory in the highest!"
(Luke 19:38)
POPE FRANCIS

On Palm Sunday, priests will wear **red vestments** in keeping with the Church's focus on the Lord's glorious Passion

Traditionally, before the beginning of Lent the following year, the palms are collected and burned to a fine ash. The ashes are blessed and used for the Ash Wednesday liturgy.

Read the story of Palm Sunday: Luke 19:28-44

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Paschal Triduum

The **Easter Triduum** or **Holy Triduum** is the three-day celebration of the Paschal Mystery: the Passion, death and resurrection of Jesus Christ

PASCHAL: associated with the Hebrew Passover, referring to Jesus as the Lamb of God
TRIDUUM: derived from the Latin for three days

The Paschal mystery has two aspects: **by his death**, Christ liberates us from sin; **by his Resurrection**, he opens for us the way to a new life.

The Paschal Triduum bridges the seasons of **Lent** to **Easter**.

In the Sacred Triduum, the Church solemnly celebrates the greatest mysteries of our redemption, keeping by means of special celebrations the memorial of her Lord, crucified, buried, and risen.
The Roman Missal

HOLY THURSDAY:
"Jesus gives himself to us as food and, in the washing of feet, teaches us the need to serve others."

GOOD FRIDAY:
"In the mystery of Christ's death on the cross, we contemplate that undying divine love which embraces all mankind and summons us in turn to love one another in the power of the Spirit."

HOLY SATURDAY:
"The day of God's silence - invites us not only to solidarity with all who are abandoned and alone, but also to trust in that faithful love which turns death into life."

SOURCE: POPE FRANCIS, GENERAL AUDIENCE, MARCH 25, 2014

"These, then, are days which speak to us **powerfully** of God's **love and mercy**."
- Pope Francis

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For more infographics please visit the Archdiocese of Toronto [website](http://www.archtoronto.org)

The Resurrection of the Lord

Easter Sunday

Today, we proclaim the faith passed on to us from the Apostles:
"The Lord is truly risen, alleluia!"

On this, the last day of the Paschal Triduum, the Church and, indeed, the whole world is filled with the **radiance** of the resurrection.

All things are made new because of Christ's death and resurrection. At Mass, we remind ourselves of the **great gift** given to us by professing our faith and being sprinkled with holy water as a symbol of our baptism.

May our hearts be grateful in remembrance of the Paschal Mystery, be filled with Jesus' gracious presence, and renewed in the promise of eternal life!

May we greet Christ eagerly through our celebration of Holy Eucharist on this great solemnity of Easter!

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Alleluia!

Praise the Lord!
THE SONG OF OUR REJOICING

It is added to acclamations and antiphons and may be used as a refrain for the responsorial psalm and communion song.

The sprinkling rite (with water blessed at the Easter Vigil) is often used at the beginning of Masses on Sundays

ASPECTS OF THE SEASON OF EASTER

As far back as the Council of Nicaea (325), the Church reflected Easter joy by prohibiting fasting and kneeling, which are signs of penance, throughout the season. During the Easter season, we stand (rather than kneel) during the Litany of the Saints.

Confirmation and First Eucharist are celebrated during the Easter season

The constant **joy** of the season continues throughout the **fifty days** and should be reflected in the festive decoration of the church building

The Acts of the Apostles is read at all celebrations in place of the Old Testament because it presents the life, growth and witness of the early Church

Joy

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PRAYING AS A FAMILY

Holy Week is a wonderful opportunity for families to pray together and reflect in preparation for the Triduum. You can create sacred space in your home and use the following links and [intercessions](#) to pray each day.



Palm Sunday

[Holy Week Prayers: Palm Sunday](#)

[Palm Sunday Gospel Reading](#)

[Reflection: God's Story: Palm Sunday](#)

[Song: Here I Am To Worship](#)

Monday, April 3

[Holy Week Prayers: Monday](#)

[Monday of Holy Week Gospel Reading](#)

[Song: The Lamb of God by Matt Maher](#)

Tuesday, April 4

[Holy Week Prayers: Tuesday](#)

[Tuesday of Holy Week Gospel Reading](#)

[Song: Take Up Your Cross by Jaime Cortez](#)

Wednesday, April 5

[Holy Week Prayers: Wednesday](#)

[Wednesday of Holy Week Gospel Reading](#)

[Song: A Living Prayer by Alison Krauss](#)

Holy Thursday

[Holy Week Prayers: Thursday](#)

[Holy Thursday Gospel Reading](#)

[Song: As I Have Done for You by Dan Schutte](#)

Good Friday

[Holy Week Prayers: Good Friday](#)

[Stations of the Cross](#)

[Good Friday Gospel Reading](#)

[Song: Song of the Cross by Susan Hookong-Taylor and Ana Da Costa](#)

Holy Saturday

[Holy Week Prayers: Holy Saturday](#)

[Holy Saturday Scripture Reading](#)

[Song: Above All by Michael W. Smith](#)

Easter Sunday

[Holy Week Prayers: Easter Sunday](#)

[Easter Sunday Gospel Reading](#)

[Reflection: God's Story - Easter \(children\)](#)

[Reflection: Easter Sunday Devotional - Lifeteen](#)

[Song: Jesus Christ is Risen Today](#)

[Lord I Lift Your Name on High \(arr. Donnie McClurkin\)](#)

Easter Monday

[Litany of Saints](#)

[Reflections for the Triduum](#)

[I Know My Redeemer Lives - Nicole C. Mullen](#)

ARTS & FAITH: HOLY THURSDAY IMAGINATIVE PRAYER EXERCISE

Jesus, knowing that the Father had given all things into his hands, and that he had come from God and was going to God, got up from the table, took off his outer robe, and tied a towel around himself. Then he poured water into a basin and began to wash the disciples' feet and to wipe them with the towel that was tied around him.

—John 13:3–5

Preparation

The union in openness of body and mind and heart that is prayer begins with attention to each.

First your **body**: Sit upright, legs crossed or not, feet on the floor or not, lower back pressed against the chair. Or not. Breathe.

Now the **mind**: As you are able, let these words spill through the mind and down your spine into the earth. Let your thoughts puff away with each breath. As new ones come—knotted as they are with joy or pain—hold them like wounded birds. Set them aside to heal. Breathe.

And the **heart**: Vulnerability means able to be wounded. Of course there is resistance. Notice it. With your breath and with energy, pull back the vines and push open the gates. Breathe. Tilt your chin up to the heavens and, with eyes open or closed, look back at the One who gazes at you with great affection.

Breathe.

A Reverence That Leads to Service

In the opening meditation of the *Spiritual Exercises, the Principle and Foundation*, St. Ignatius writes: "Human beings are created to praise, reverence, and serve God our Lord." The opening of the Triduum this Holy Thursday shows us exactly what is meant by a reverence that leads to service. It means rising, trusting, divesting, and serving.

- *Imagine yourself at the table with Jesus in the upper room. What food has been laid out? With whom are you sitting? Are you near or far from Jesus? How does room feel—relaxed or jovial or quiet or tense? How do you feel?*
- *How do you react as Jesus rises from the table?*
- *Can you tell what is happening in his heart as he stands? How does he feel? Does he want to serve?*
- *In Tintoretto's painting, Jesus' outer garments lay near his feet. What is he removing in preparation for this service?*
- *How do you feel as he ties the towel and pours the water? What is moving in his heart?*

ARTS & FAITH: HOLY THURSDAY IMAGINATIVE PRAYER EXERCISE

To serve is to lay aside one's own good to prioritize the good of another. To serve is to place another above ourselves, to say with our mouths and our bodies: you take precedence.

- Does Jesus kneel at your feet?
- How does it feel to have the great friend kneel before you and ask to serve you?
- Can you let him? What arises in your heart? Is it easy to say yes and take the sandals from your feet? Or is there a sliver of Peter's heart in yours?
- What do you say about it being easy or hard to receive his service?

Genuine consolation, genuine union in joy with the loved one, always moves the lover into service for the loved one—which means that genuine service happens only within the equality that is friendship. This is a service that creates not debtors but peers.

This is what loving us “to the end” means: to love us into his friendship, so that we are no longer servants, but friends.

- Who in your life loves or has loved you to the end?
- What is it like to be the recipient of such a love?
- Who do you become within such love?
- What desires arise in your heart as you are loved into equality?
- What do you want?

The aim of all prayer, for Ignatius, is mutual communication, and communication happens in “deeds more than in words.” But words are still important.

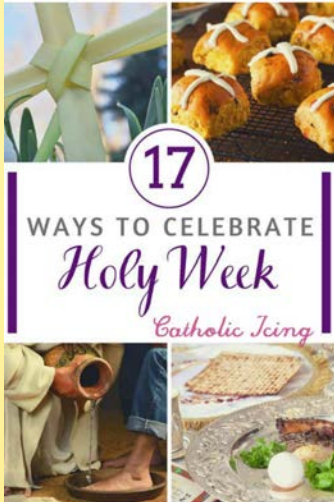
Speak with the Lord. Speak with him about how you feel about being served by him, or about how you feel kneeling at the feet of others. Speak with him in your heart with words or with deeds, as one friend speaks to another.

Concluding Prayer

Glory be to the Father,
and to the Son,
and to the Holy Spirit.
As it was in the beginning,
is now, and ever shall be,
world without end.

Amen.

FAMILY ACTIVITIES



TheCatholicKid.com

See [Open-Egged Questions for Teens](#)

See [20 Fun Easter Jokes for Kids](#)

Videos

[Busted Halo: Holy Week in 3 Minutes](#)

[The Role of Hope in Holy Week](#)

[The Easter Story for Kids](#)

[Crossroads Kids Club Easter Videos](#)

[Saddleback Kids Easter Playlist](#)

[Easter Around the World for Kids](#)

[Easter Traditions: Catholic Central](#)

Music

[Be Exalted: Watoto Children's Choir](#)

[Song Prayers for Lent and Holy Week 2021](#)

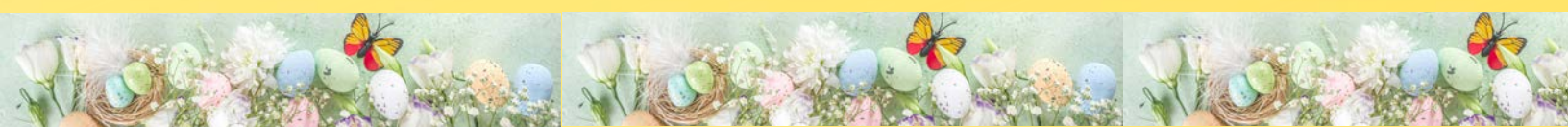
[Easter Gospel Songs](#)

[Easter Songs for Kids](#)

[Contemporary Easter Worship Songs](#)

[Choir Music for Holy Week & Easter](#)

[Resurrection Medley](#)



WORTH EXPLORING



Christian Meditation – The Prayer of 3 “S’s”



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ONLINE / LIVESTREAM MASSES

Catholic TV

Daily at 12:30 pm EST

St. Michael's Cathedral

Daily at 7:30 am EST
Sunday at 10 am

Salt and Light TV

Monday - Saturday:
8:30 am & 11:00 am
(all times EST)

Radio Maria

Monday and Thursday
at 12:30 pm EST

Daily TV Mass

(Loretto Abbey Chapel)

Archdiocese of Toronto: Day of Confession:

<https://www.archtoronto.org/confession>

GIVING OPPORTUNITIES

FOR ADDITIONAL INFORMATION

Visit us at: [Nurturing Our Catholic Community](#),

Contact us at: ncc.team@tcdsb.org



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